



Women's Secrets

There is one man in the United States who has perhaps heard more women's secrets than any other man or woman in the country. These secrets are not secrets of guilt or shame, but the secrets of suffering, and they have been confided to Dr. R. V. Pierce in the hope and expectation of advice and help. That few of these women have been disappointed in their expectations is proved by the fact that ninety-eight per cent. of all women treated by Dr. Pierce have been absolutely and altogether cured. Such a record would be remarkable if the cases treated were numbered by hundreds only. But when that record applies to the treatment of more than half-a-million women, in a practice of over 40 years, it is phenomenal, and entitles Dr. Pierce to the gratitude accorded him by women, as the first of specialists in the treatment of women's diseases.

Every sick woman may consult Dr. Pierce by letter, absolutely without charge. All replies are mailed, sealed in perfectly plain envelopes, without any printing or advertising whatever, upon them. Write without fear as without fee, to World's Dispensary Medical Association, Dr. R. V. Pierce, Pres., Buffalo, N. Y.

DR. PIERCE'S FAVORITE PRESCRIPTION
Makes Weak Women Strong,
Sick Women Well.

ELECTRIC LIGHT FIXTURES,

BATH ROOM SUPPLIES, PIPE AND

FITTINGS, TELEPHONES

and Batteries,

and everything in the Telephone line.

If you have an old telephone have it repaired, or trade it in on a new one. Don't buy a cheap telephone but by the best. If you have 'phone trouble, call and see me. Information given free.

W. F. KYLE,

W. MAIN STREET,

MONTEREY, Va.



W. E. SNYDER, Hightown Va., Agent

For The Hinton Marble Works

SPECIAL PROPERTIES FOR SALE.

1. Farm and mill, at station, 160 acres good land, brick dwelling and all outbuildings; mill 36x40, 4 stories with elevators and necessary machinery for grinding corn and wheat. Fine custom. Price \$9,000. Important to sell at once.
2. Level farm in a beautiful section, 575 acres, about 400 cleared, balance timber. Very good land, easily cultivated and productive in grass and cereals. Comfortable frame house, outbuildings, 3 miles from station. See this farm and you will buy it. Will offer \$22.50 per acre.
3. Do you wish a large body of good land in a splendid region, where property is increasing in value? Examine with us 775 acres; modern machinery can be used on most of it; much of farm in good condition; 10 room dwelling; nice home; 3 miles from station. \$20,000 will probably be accepted.

Immediate correspondence about these and other properties is solicited. Advise us where you wish to locate, the amount you desire to invest, and information will be promptly sent. Our register is free.

H. W. HILLEARY & CO.,

CHARLOTTESVILLE, VA.

The Secret of Youth

Do you ever wonder how you can remain young, or why other women older than you, look younger than you do? The secret can be put in a few words: "Preserve your health, and you will preserve your youth."

By "health" we mean not alone physical health, but nerve health, as, sometimes, magnificently strong-looking women are nervous wrecks.

But whether you are weak physically or nervously, you need a tonic, and the best tonic for you is Cardui. It builds strength for the physical and nervous systems. It helps put flesh on your bones and vitality into your nerves.

Take CARDUI

The Woman's Tonic

"My mother," writes Mrs. Z. L. Adcock, of Smithville, Tenn., "is 44 years old and is passing through the change of life.

"She was irregular and bloated and suffered terribly. My father stepped over to the store and got her a bottle of Cardui, which she took according to directions and now she is up, able to do her housework and says she feels like a new woman." Try Cardui in your own case.

Write to: Ladies' Advisory Dept., Chattanooga Medicine Co., Chattanooga, Tenn., for Special Instructions, and 64-page book, "Home Treatment for Women," sent free.

SHEEDY AND THE SHARPS.

The King Gambler Taught the Small Fry a Lesson.

Some years ago, when St. Louis was wide open, Pat Sheedy, king of gamblers, was sitting in the corridor of the Planters' hotel with a friend. Two strangers took seats alongside of Sheedy and very shortly turned the conversation to poker hands. They had never seen Sheedy before and did not know him, but he looked the part of a prosperous "sport" and at the same time appeared like "easy money."

"It's too bad," one of the strangers said, "that we haven't another man here. We might get up a little game of draw poker."

"Wouldn't mind sitting in myself," said Sheedy, with a nudge to his friend. "I haven't played poker for some time."

"Suppose we play a little showdown—\$1 or \$5 limit?" one of the strangers said.

"I'm agreeable," Sheedy replied, "and I guess my friend is. Make it a five dollar limit for an hour or two."

Introductions under fictitious names on both sides followed, and the four men went to Sheedy's suit. On the cut for the first deal the speaking stranger received the honor. The way he handled the cards showed that he was used to that careless abandon method that can only come from years of practice by a professional gambler.

The suspicions of Sheedy and his friend were verified by the first hand shown. Sheedy received three kings, his friend a small full house, the dealer's friend a pair of tens and the dealer an ace full. The betting was very light on the part of Sheedy and his friend.

The next deal was Sheedy's. He took a long while arranging the cards. When they were dealt every one in the party had four. Sheedy's hand, of course, being the highest. The betting was fast, and when the hands were shown the speaking gambler suddenly remembered a long distance telephone call for himself and friend was waiting them. They departed hurriedly, and Pat Sheedy, turning to his friend, said:

"My boy, it's been twenty years since I had to do that for a living!"—St. Louis Post-Dispatch.

A GREWSOME PRISON.

The Famous and Terrible Russian Fortress of Schlusselburg.

In the middle of the river Neva, where it flows out of Lake Ladoga, there lies a tiny island surrounded on three sides by the mighty, turbulent waters of the river and hemmed in upon the fourth by the cold and stormy lake. Upon this island stands a very ancient fortress inclosed by high walls more than twenty feet in thickness. This is the Fortress of Schlusselburg. Day and night sentinels relieved every two hours pace around the top of these walls, keeping a vigilant lookout on every hand. No one from within the fortress, not even the soldiers or gendarmes, is allowed to communicate with the people who dwell upon the banks of the river. If the unwary fisherman chances to drift in his boat too near to the walls of the fortress he is greeted by the shout of a sentinel, aiming his rifle:

"Away, or I shoot!"

Not even the Dead Sea in the deserts of Asia is so utterly isolated and cut off from the living world as this Fortress of Schlusselburg, which lies within forty miles of St. Petersburg.

They are very ancient, the high walls of the fortress. In many places they are cracked from old age, and in the cracks little trees have taken root. The lower part of the wall has gradually become covered with thick dark moss, just as the face of a very old man becomes covered all over with hair. They look sullen and ominous; silent as if they held dark and grewsome secrets. And, in truth, in the whole world there are no other walls that have witnessed so many and such terrible human tragedies as the Fortress of Schlusselburg.—David Saxe in McClure's Magazine.

SHAKE INTO YOUR SHOES

Allen's Foot-Ease, the antiseptic powder, it cures painful, smarting, nervous feet, and instantly takes the sting out of corns and bunions. It's the greatest comfort discovery of the age. Allen's Foot-Ease makes tight or new shoes feel easy. It is a certain cure for aching, swollen, tired, aching feet. Always use it to Break in New Shoes. Try it today. Sold everywhere. By mail for 25 cts. in stamps. Don't accept any substitute. For FREE trial package, address Allen S. Olmsted, Le Roy, N. Y.

AN IDEAL HUSBAND

is patient, even with a nagging wife, for he knows she needs help. She may be so nervous and run-down in health that trifles annoy her. If she is melancholy, excitable, troubled with loss of appetite, headache, sleeplessness, constipation or fainting, and dizzy spells, she needs Electric Bitters—the most wonderful remedy for ailing women. Thousands of sufferers from female troubles, backache and weak kidneys have used them and become healthy and happy. Try them. Only 50c. Satisfaction guaranteed by K. H. Trimble.

A Fine Farm For Sale

As administrators of the estate of J. H. B. Sellers, dec'd, we will offer for sale on the premises June 8, 1910, at 12 m. that valuable farm on which he lived, situated on the Whiskey creek road, 2 mile west of Churchillville and pike. This is one of the most desirable farms in the county, well situated, containing 135 acres, 20 acres in saw timber, 40 acres in blue grass sod, the remainder in high state of cultivation. Excellent 8 room house, 1 good 6 room house, large barn and all necessary outbuildings. Never failing water through farm, and two good orchards in bearing.

The neighborhood, near churches and schools. Terms of sale \$5,000 cash, balance in 12 months. G. W. Seller, W. H. Tawes.

JUDGING A GOOD HORSE

According to David Buffum, an expert breeder of horses, the first thing to learn in the science of horsemanship is the fine points of a good horse. In Farm and Fireside he says that the most important part of a horse and the first thing to examine is the horse's feet and legs, for if he is deficient in this respect no superiority in other points and no qualities in breeding or disposition can offset it. The best chair or table in the world is useless if it has only three or two legs. For these points the feet of the horse should be symmetrical, neither too deep nor too flat, but if falling in either respect they had better be too



HEAD OF PRIZE PERCHERON.

deep than too flat. It may often happen that on soft and level country roads a flat foot may not occasion much trouble, but it is bad on hard roads or in cities and is in all cases a defect in conformation.

The limbs should be clean—that is, free from fleshiness—but have plenty of bone and substance. The fore legs should be relatively short from the fetlock joint up to the knee and long from the knee up to the horse's body. This is a very important point, as no horse was ever good for much on the road whose knees were too high up.

The hind legs should be flat as well as clean. This excessive cleanliness goes with highly bred horses and is to be insisted on in all horses that properly belong in that class, such as thoroughbreds, trotters, hackneys, etc. In colder blooded horses we should demand at least a reasonable approach to it. The gambrel joint should be strong and well developed, near slender or "dandified," and it is also desirable that it fall relatively near the ground, though this is not as important as the position of the fore knee.

The horse should stand square on his legs with his feet well under him, and his hoofs should be straight fore and aft, neither toeing in nor toeing out.

For the body of the horse the back should be short. The hind quarters should be well developed, with the hip joints well forward. The rump should not be straight, but rather straight than drooping—that is, the line from the top of the hips to the root of the tail should be only moderately oblique.

The shoulders should be slanting, not upright, and the withers reasonably high. This conformation makes a strong as well as elegant shoulder.

The body should be nicely rounded, neither gaunt nor "potbellied," and should be ribbed well up toward the hips.

The chest should be deep rather than wide, giving large lung capacity. The neck should be free from undue fleshiness. It may be either long or short, as far as utility is concerned, the long, of course, being much more elegant and therefore to be preferred on well bred horses. In either case it should be bent a little just before the point where it joins the head, so as to give the conformation that we call "clean cut in the throat."

A structure that gives the breathing apparatus free play. The head in well bred horses should be small and almost as clean and bony as the limbs. The face line viewed from the side should be straight, not aquiline. The forehead should be flat between the eyes. The eyes should be of medium size, set well apart from each other and not too near the top of the head, and the head when viewed from the front should slant in a little from the eyes upward. The ears should be fine, thin and pointed and of medium length, and they should be so set on that when pointed forward they are parallel, not slanting apart.

These points of equine perfection are absolute, and therefore they apply to all kinds of horses. In judging horses of different types the difference must be in the application, not in the standard itself, for a good horse must be homogeneous in his makeup, every part in harmony with other parts, and every part must have such modification and proportion as conduces to that end.

Hog Hints.

Charcoal is a great tonic for the hogs.

For quick money nothing can beat hogs.

Pasturage is necessary in economical pork production.

Protection from the weather will make the feed go further.

A ration rich in protein is the only ration fit for the brood sow.

A sow should never be in marketable condition when she is bred.

The shorter the fattening period the greater the profit from the pen.

Wanted—Old rubber, copper, brass, lead etc., and will pay the highest price for same.

W. H. Tawes

VALUE OF ENSILAGE.

When Compared With Other Roughage It Is Far Superior.

After a number of experiments at the Nebraska Agricultural college the feeding value of corn ensilage was found to be far superior to any other roughage. This should convince the farmer that a silo on the farm will tend to improve it wonderfully. The experiment shows that—

One ton of ensilage equals one ton of sugar beets.

Three tons of ensilage equal one ton of clover hay.

Three and one-half tons of ensilage equal one ton alfalfa hay.

Two and one-fourth tons of ensilage equal one ton marsh hay.

Three and one-half tons of ensilage equal one ton prairie hay.

One-half ton of ensilage equals one ton of pumpkins.

Below he gives his estimate of the cost of putting up ensilage and hay and the number of cubic feet occupied by each:

One ton of ensilage cost to put up 63 cents. One ton of hay cost to put up \$1.50. One ton of ensilage occupies 50 cubic feet. One ton of hay occupies 500 cubic feet.

To this statement he adds the following:

It will be seen that ten times more space is required for hay than ensilage, and it is hardly possible to construct even a cheap hay shed, to say nothing of a barn, for the price required to store for same quantity of ensilage. With the ordinary hayloft in a good dairy barn the cost of storage space would be three times that of the silo. The table also gives a comparison between the cost of harvesting corn ensilage as compared with hay. It will be seen that corn ensilage can be put up for almost one-third the cost of hay. These figures do not allow for interest on money invested in machinery or storage. While hay is about three times richer in food elements, it is still an expensive roughage as compared with ensilage.

Until the feeder can find a food equal to corn ensilage for even twice

the cost he had better seriously consider the silo. Under present conditions at least one-fourth of all the farmers keeping stock in the corn belt will find the silo an economic equipment.

An acre of corn put in the silo is valued at about \$55, while the same corn standing in the field and husked in the usual manner is valued at \$27. This is accounting for all cost of harvesting. Then an acre in the silo is worth two in the field, or, putting it another way, the silo doubles the value of the corn crop.

How to Pickle Butter.

Cover with strong brine and keep in a cool place. The tub or jar must be thoroughly cleaned and disinfected before the butter goes into it. Burn sulphur in a pan and turn the tub or jar over it for half an hour. After it has cooled off it will be ready for the brine. Some butter needs disinfecting as well as the receptacle.

THE DAIRYMAN

Don't turn the calf to the feed trough with cows and steers and expect it to get a proper amount of feed. It will be fought away, while the older stock devour the portion it should have.

Right and Wrong Way to Milk Cow.

There is a right and a wrong way to milk the cow. The wrong way is to let the calf suck. The cow is kept for her milk supply, not to give her best to the ambitious calf. The calf should be separated from the mother.

Value of Cleanliness When Milking.

The milk will have about 23 per cent fewer bacteria in it when the cow is well cleaned and her flanks moistened before milking. To moisten straw bedding before milking eliminates about 50 per cent of the bacteria. A closed pail keeps out about 25 per cent of bacteria.

Give the Cow Pure Water.

Give the cow none but pure water. It is strange that any farmer should allow his milk cattle to drink from a stagnant pond which often has a green scum and is full of bacteria. Such water not only endangers the health of the cow, but also the well being of those who drink the milk.

Separator Not at Fault.

Some farmers leave pails of milk setting around on the frozen ground or hang them up some place while they do the "chores" and then "cuss" the cream separator and its maker because the machine cannot separate as much cream from chilled milk as from milk separated as near animal heat as possible.

The Foolish Maiden.

Crawford—So your daughter loves poetry? Crabshaw—Worse than that, she's fallen in love with one of those fellows who write it.—Judge.

Horse Talk—By Tim.

Before turning the young horses and colts to pasture, have the teeth of each one examined by a competent veterinary surgeon.

Defective teeth may retard the growth and development of a colt causing a loss.

Driving on one rein is usually caused by a sharp tooth or teeth.

Don't yank or whip the horse, but find the cause. It may be a sharp tooth or the harness may be ill-fitting.

Horses are often whipped for things purely imaginary in the mind of the driver, and it is too cruel for words.

Some men whip their horses because they are in a bad frame of mind themselves.

Handle the colts carefully and intelligently.

The difference in the handling of two colts may make several hundreds of dollars difference when they are offered for sale.

The safety of a horse depends largely upon his early education.

Shun the scrub stallion.

Give the breeding mare lots of exercise.

A dirty collar will make a sore shoulder. Don't neglect to clean it every day.

A little oil-meal in the feed will help to make the coat shine, but don't neglect the regular brushing.

Keep the stables clean. Disease lurks in filthy quarters.

Drive slowly, or at least at the natural pace of your team, if you want to get the most work done in a day. Forcing wears out a horse more than the work he does.

A gait of about two miles an hour is the one a horse can stand best on the farm.

Horses fed on wheat bran need a good deal more water than those that have a grain ration of corn and oats.

The average horse needs about 100 pounds of water a day.

How Will We Travel in 1909?

In 1809 the people traveled:

On foot.

Gn horses.

In horse-drawn vehicles.

In canal boats pulled by horses or mules.

In steamboats at five miles an hour.

In 1909 we travel:

On foot.

On roller skates.

On horses.

In horse-drawn vehicles.

On bicycles.

On motorcycles.

In gasoline driven automobiles.

In electric driven automobiles.

In trolley cars.

In electric cars above and below the earth.

In steam railroad cars.

In steamships at twenty-five miles an hour.

In motor boats at forty miles an hour.

In gasoline and electric launches.

In airships.

In aeroplanes.

—Exchange.

How She Was Dressed.

"Funny how you women dress," grumbled the old bachelor. "Dresses so tight they look like you couldn't afford enough goods, and hats a yard wide. Toes of your shoes absurdly short and heels outrageously high. No collars, but pounds of extra hair. Dresses short and corsets long. You even put the covering in the wrong place. I saw a woman in the car the other day wearing a dress low enough in the neck to be suitable for the opera, and her face was covered with a veil so thick I couldn't distinguish her features."

"That was me," said the woman. "I saw you rubbering."

LION FONDLES A CHILD

In Pittsburg a savage lion fondled the hand that a child thrust into his cage. Danger to a child is sometimes great when least regarded. Often it comes through colds, croup, and whooping cough. They slay thousands that Dr. King's New Discovery could have saved.

"A few doses cured our baby of a very bad case of croup," writes Mrs. George B. Davis, of Flat Rock, N. C. "We always give it to him when he takes cold. It's a wonderful medicine for babies." Best for coughs, colds, lagrippe, asthma, hemorrhages, weak lungs. 50c. and \$1. Trial bottle free. Guaranteed by K. H. Trimble.

Value of Fresh Air.

Half the ills of humanity could be cured if more people realized the value of fresh air.

It is the basis of all beauty and health, and the girl who is endeavoring to procure a lovely complexion by the use of face lotions will find fresh air twice as efficacious.

When you are terribly fatigued try taking half a dozen long, deep breaths, and see if you don't feel more like living.

When insomnia has you in its grip try breathing deeply and regularly as you lay in bed and you will be surprised how easily sleep will come.

Nervousness can be cured by forming the habit of breathing deep and long, and one medical authority prescribes it in his schedule for nervous women.

All singers are invariably high-chested and free from colds or chronic coughing spells. It is because they have learned to breathe from the waist, instead of the lungs, as the majority of people do.

To breathe deeply is to stimulate the heart and the circulation.

It means a full, high chest and broad shoulders.

It means practically immunity from the dangers incurred by exposure.

It means a good carriage and well-posed head.

And best of all, it means perfect physical health.

We All Need Them.

The farms of this country need to-day young men who can come up to the following requirements:

Men who are not ashamed of the farm.

Men who believe there is no better business than farming.

Men who are willing to take hold and do everything that comes to them and do it all the very best they can.

Men who will take the time to learn what scientific, up-to-date farming is.

Men who love men, horses, cows, sheep and hens.

Men who know how to take care of their bodies and their souls.

Men who trust their fellows to do just as nearly right as they themselves are trying to do.

Men who will tell the truth in every spot and place.

Men who never speak lightly of women.

Men who are not afraid to say from the very bottom of their hearts, "I believe in God, the Father Almighty."

Men who are ready to lend a hand to every poor struggling fellow.

Can you fill this bill? Then, great things are awaiting you. Believe it with all your might, mind and strength, for it is true.

The Housewife And The Fly.

"Don't come into my parlor," said the Housewife to the Fly;

There's a screen at every window, and your entrance I defy.

There are microbes in your footsteps and a crust upon your head, Which, if not microscopic, would fill our hearts with dread.

"You carry germs of typhoid and spread consumption's bane, And our sanitary teachers paint your crimes in language plain.

Don't come into my parlor; and for safety I would pray,

If you walked into my dining room upon some sunny day.

"There are seeds of vile distempers hidden in your tiny wings, And your many feet have travelled over nameless filthy things.

You're a menace to our safety, you are powerful though small, And the mischief you accomplish would the bravest heart appal.

"If you enter I have poison all prepared for you to eat, And paper spread to tangle your germ-laden wings and feet.

I will poison, trap or smash you if you do not leave my door, And our modern sanitation will endure your calls no more."

—Adelena F. Dyer in The Good Housekeeping Magazine.

A MAN WANTS TO DIE

only when a lazy liver and sluggish bowels cause frightful despondency. But Dr. King's New Life Pills expel poisons from the system; bring hope and courage; cure all Liver, stomach and kidney troubles; impart health and vigor to the weak, nervous and ailing. 25c at K. H. Trimble.